

AIRLIFT Dispatch

Inside

- Uniform / 3
- Commentary / 8
- OTS / 11
- Basketball / 15

Vol. 40, No. 2

437th Airlift Wing, Charleston AFB, SC

Friday, January 19, 2001



Photo by Staff Sgt. Corey Clements

The 437th Airlift Wing and the African-American Heritage Council held a Unity Walk at Charleston AFB Monday in observance of the birthday of Dr. Martin Luther King Jr. More than 300 people attended the event.

CAFB, locals come together to honor King

By Staff Sgt. Pamela Smith
437 AW Public Affairs

More than 300 people from Charleston AFB and the local community participated in a Unity Walk here Monday.

The Unity Walk and Commemorative Service was held in honor of Dr. Martin Luther King Jr., and was the first event of its type on CAFB.

"It's just a coincidence that this is the first time the base has held this type of event and this is the first year South Carolina has observed Martin Luther King Jr. Day," said Master Sgt. Alex Scruggs, 437th Aerial Port Squadron and event coordinator.

The walk began at the Charleston Club and included CAFB personnel and members of Mount Moriah Baptist Church in North Charleston and the Walterboro chapter of the

See King, page 3

Bank of America says 'you'll pay' to delinquent Air Force members

By Senior Airman
Jason Smith
437 AW Public Affairs

Charleston AFB members with delinquent Bank of America accounts are in for an unpleasant surprise this month.

Bank of America will start terminating those accounts with balances more than 120 days past due, according to an Air Force news release.

"Since the government travel card program was implemented in October 1998, the bank has written off about \$8 million in bad debt owed by Air Force members," said Col. Greg Morgan, director, accounting, banking and comptroller support at the Air Staff, in the release. "(BOA has) been losing about \$250,000 a month. That's the amount that Air Force members owe and never pay. The bank has been taking

this loss but has decided to uphold the contract terms and exercise their option to terminate those delinquent accounts."

Less than two percent of the force's active cardholders have accounts written off by the bank, but the impact in terms of members' financial reputation and to the service is much higher, said Morgan.

"The bank has notified people about past due balances, but they are no longer going to be lenient," said Morgan.

Bank of America intends to suspend accounts at 60 days, cancel accounts at 120 days and report to credit bureaus at 181 days if the card balance is still unpaid. "The bank is not obligated to renew or issue them another travel card," Morgan said. "Also, the action will be reflected on their personal credit reports if amounts are

left unpaid."

Barbara Lang, personal financial program manager for the CAFB Family Support Center, said CAFB personnel having problems with their Bank of America accounts should turn to her and their first sergeants for help.

"Come to me for help," said Lang. "I'll work with you to hopefully come to a solution. Of course, in addition, you should tell your supervisor and first sergeant right away also."

Lang said setting up a separate account has worked for people in the past, and she finds it to be an effective way of dealing with government accounts.

"I tell my clients to call their separate account whatever they want to," said Lang. "It's important for people to remember that it's not their money. When people receive travel pay, it should go right

into that separate account, then there's no way they can get it confused with their money. Bank of America has had enough, and they're ready to start pulling cards."

Along with the financial irresponsibility issue associated with a delinquent account, Senior Master Sgt. Bruce Blodgett, 437th Supply Squadron first sergeant, warns of mission readiness issues.

"Having Bank of America pull your card will make it

sible difficulties that could incur going TDY," said Blodgett. "It's hard to anticipate contingencies when the individual might need extra cash and can't get it because they don't have a card. Being without a card could leave someone stranded. Unfortunately, if a member's card is taken away, so too could be their position."

For more information about financial counseling, contact Barbara Lang at 963-5448.



IN THE NEWS

North Charleston High School offers a lot to students

Story and photo by

Lt. Col. Ed Memi

437 AW Public Affairs

Charleston AFB leaders and North Charleston High School officials have come together to try and improve base personnel's perception of the school.

North Charleston High School principal Tommy Mullins encourages base members to ignore what they hear and visit the school, talk to students and faculty and draw their own conclusions.

"Don't believe everything you hear on the local news or from your neighbors," he said.

Mullins said he's willing to stack North Charleston High School up against any school in the county. His pride and passion were evident when showing off the school to Col. Rusty Findley, 437th Airlift Wing commander, and Col. Dennis Kaan, 437th Support Group commander, and several others who visited the school Jan. 9.

The group toured several large computer labs with the latest Pentium III computers, a science laboratory and other updated facilities used by the 1,350 students. They also had a chance to meet with teachers and students during their visit.

About 40 family members from the base make the daily trek to North Charleston High School, and most speak highly of the school, despite the school's location in one of the higher crime areas near Park Circle on Montague Avenue.

"We have an image problem and we're working to address that," said Mullins. "I'm not going to tell you we don't have problems, but name any high school that doesn't. We pay our teachers better and have won several grants that have dramatically

improved the quality of learning at the school. We're a good school, and we do better than most in the county."

Senior Lindsay Koenig, daughter of Staff Sgt. Walter Koenig in the 437th Aircraft Generation Squadron, spoke about her impressions of the school for the past three years. "I had a lot of support from the administrators when I first arrived, and everyone just helped me along," said Koenig. "I was a little apprehensive because there were some things my parents had heard about the school because of the neighborhood. I thought I could make the best of it. There is nothing to worry about here, and everyone is so nice."

Senior Donald Hurston, co-president of the student council, also spoke highly of the school.

"If there was one thing that I could change about the school, it would be the reputation that others have of it," he said. "I know what people think about the school. When I worked at Chick-Filet, I heard other students from Goose Creek, Stall and Summerville High Schools talk about how North Charleston High School was a horrible school. But no one really knew. Whenever you hear North Charleston on the news, it is for something bad. There are so many good things going on here everyday and so many kids doing good things."

The school has adopted a career pathways approach to learning, which offers students exposure to five different college career pathways called the healthcare professions; manufacturing and engineering; law and public service; business and technology; and hospitality and tourism. Students will be exposed to the various career paths and will build upon the path that they choose. The program is structured on small class sizes with teach-

ers for each year group (i.e. freshman, sophomores, juniors, seniors).

The program relies on structured partnerships with businesses, and Findley and Kaan want CAFB to be a part of that structure. Mullins said school officials are reorganizing the school to implement this new program and that it has been a true team effort on the part of faculty and students to make it successful.

According to Mullins, the school will continue to offer a traditional liberal arts education and has to meet all state standards for testing.

"We're not trying to become a vocational school," said Mullins. "Our goal is to prepare students for college, but to also expose students to the various career pathways that are available."

The program, modeled after a nationally recognized program used in an inner-city Boston school, has achieved reduced drop-out rates, improved attendance, increased academic course taking, on-time graduations, career awareness and increased college enrollment. North Charleston High School implemented the program with the ninth grade this year.

"We got smart and hired a grant writer," said Mullins. "We expect to receive grants for our teachers that allow us to pay them more than anyone else with a performance-based system. We pre-test and post-test our students using a national test and will use some goals to pay our teachers on their performance towards those goals. Our goal is to hire the best teachers, and something good will happen in the classroom as a result."

Ninth grade academy teacher Carinn Mariani describes a world of difference between the pathways track versus the old way of teaching.

"Our new ninth graders are given the chance to succeed in a safe, nurturing academic environment," she said. "Students share the same core subject teachers who provide a foundation of familiarity to the students. We share common planning periods which allow us to target possible problems early."

The academy is a virtual school inside of a school.

"The academy ensures our children can transition from middle school to high school," said Lou Lavelly, manager of the 9th grade academy. "We're not foregoing any aca-



Col. Rusty Findley, 437th Airlift Wing commander, and Tommy Mullins, North Charleston High School principal, tour the new business computer applications classroom. The school recently upgraded many of their computers.

demic rigor and still looking for kids to perform well on the SAT. We took our 300 ninth graders and separated them from the rest of the school."

North Charleston High School has been the number one public school in the county in the test score gain index.

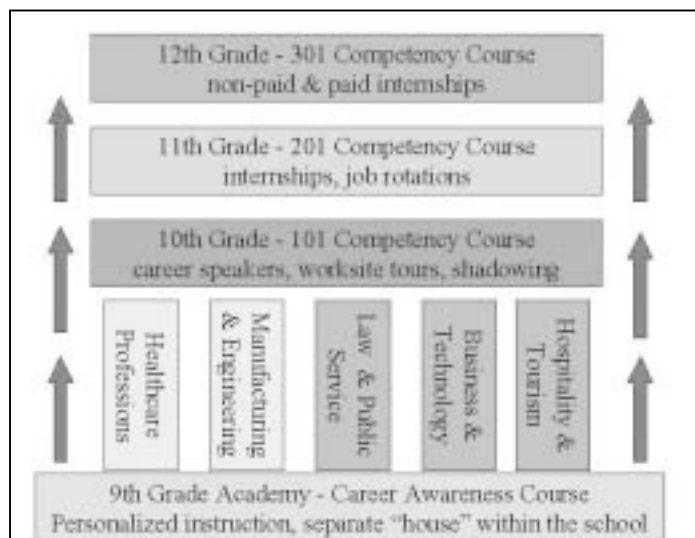
"We had a higher gain in test scores than any other school in Charleston County with the exception of the magnet schools," said Mullins. "The test score index compares what the kids knew when they first arrived to what they know now. We had a 15 point gain last year in our SAT scores and the scores are going up."

After touring the school, Findley and Kaan promised that the base would provide tours, mentors and guest speakers in the classrooms. The school faculty and students have had limited contact with people from the base.

"I was a little surprised that we are not plugged in with the school and its many programs," said Findley. "We have lots of great people who have a lot to give back to their community. What better way than through our children? This is a great Year of Recruiting and Retention initiative and it can be a very enriching experience for all parties."

Mullins said, "The air base offers a great opportunity with our kids to see, touch and shadow somebody and maybe do an internship and that would just enhance what we are trying to do."

The 437 AW Public Affairs office is looking for base members interested in having a North Charleston High School student shadow them for a couple hours in February. If interested, e-mail Tech. Sgt. Brian Jones at brian.jones@charleston.af.mil or call 963-5657.



Bundy shares experience, perspective with A/TA members

By Capt. Tracy Velino
437 AW Public Affairs

The Airlift/Tanker Association kicked off its 2001 professional luncheon series Jan. 12 with a guest speaker from the Joint Staff, Brig. Gen. Richard Bundy.

Bundy, Joint Staff vice director for operational plans and joint force development and deputy director for military education, shared stories and his thoughts about "great Air Force people."

Much of Bundy's emphasis was on "great Air Force non-commissioned officers." He said one of the two biggest changes in the Air Force since the 1960s, in his experience, has been the professionalism and dedication of NCOs.

"One of the things I noticed when I got to my first duty assignment at Hickam AFB, Hawaii, was we had a lot of very senior E-4s, E-5s, and E-6s that were really good at smoking cigarettes, drinking coffee and getting everybody else to do their job," Bundy said. "We never saw them leave their office...they were

never on the flight line."

While Bundy was at Hickam, the base had its first Air Force NCO Management Course in 1968, a predecessor of the NCO Academy. "The distinguished graduate of those forty NCOs was a brand new, month-old sergeant."

Bundy said the chief master sergeant who spoke at the graduation concluded his speech by asking, "Does it mean anything to you that some of you guys have been in the business 15-20 years, and the distinguished graduate is the junior member of the class?"

"I think that's the biggest change," said Bundy. "Our NCOs are magnificent. The things they are capable of doing, the things they do, and the sacrifices they've made are incredible."

One of Bundy's stories was about a technical sergeant he met in the deployment processing line two weeks before Christmas while he was the operations group commander at Dover AFB.

The NCO was crying because this was the third year

out of four she was deploying before Christmas, leaving her three kids behind. Bundy and the wing commander said, "You've done your share, you've served. Get out of the line."

She refused to step out of the line, even though the commanders insisted. She said if she didn't go, someone else would have to leave a family behind. "And so we got a leadership lesson from a technical sergeant," Bundy said.

Bundy said the second biggest change he's seen in the Air Force since the 1960s has been the caliber, professionalism and dedication of reserve forces. "It was real easy at McChord AFB, Wash., in 1974-1975, to walk around the base and see who was active duty and who was reserve."

"There were things they would do and things they wouldn't do," Bundy added. "There was a big gap between the active side and reserve side. I defy you now today not to find a highly qualified, highly professional reserve

force that are our partners every day. I know they're great here at Charleston, I've seen them in action. They're very impressive."

"We can't get by a single day without the full support of our reserve forces," he said.

Bundy said his main message was, "You all are great Americans." He said, "You probably know that, but you don't know how great you are until you have the opportunity to go out in the world and work with other agencies."

"You can't imagine other people saying to you, 'I'll do that and I'll be there,' and they don't show up," Bundy added. "You don't see that. You really appreciate the value of this outstanding professional force you have here at Charleston, if you have to leave it."

Bundy stressed the importance of strategic mobility and rapid deployment, saying it's critical to our nation. "We cannot execute our national strategy, we cannot execute our plan of national engagement without Charleston AFB, the people here and all

those airplanes on the ramp."

"There is no unimportant job at Charleston AFB, no matter what you're doing," he added. "Everyone, every day in the Air Force has to pursue excellence, because what you do is so important. We don't expect you to be perfect; we all make mistakes. We all learn from those mistakes. But you have to pursue excellence because your job is so important, you're so unique and we don't have enough of you."

Bundy continued, "There are very few segments of our society that are critically needed by our country. There are many important elements of this society, but you are critical to your country."

"Know that, remember it, take it to the bank," he said.

"You make an airlifter proud to be an airlifter," concluded Bundy, a C-141 and C-5 pilot. "I'm proud of you, and I want to thank you for that."

During his two-day visit to CAFB, Bundy also spoke to the Daedalians and the Company Grade Officers Council.

King

continued from page 1

Tuskegee Airmen.

"This event was to commemorate the legacy of Dr. Martin Luther King and his struggle to achieve civil rights for everyone, regardless of race or gender," said Master Sgt. James Jarmon, 437 AW Command Post and African American Heritage Council president. "Hopefully, Team Charleston will spread the word that his legacy was not about his struggle for one particular race, but rather peace and unity for all."

The walk ended at the base chapel and was followed with an hour-long service.

Carmen Coulter performed a solo at the event and said she was honored by the experience.

"Martin Luther King Jr., was important to everyone, not just African-Americans. When I was younger I knew what he did was important, but it wasn't until I was older that I learned exactly what he stood for," she said. "That's why I'm honored I've been asked to perform one of his favorite songs - 'If I Can Help Somebody.'"

Struggs said the event was a success and he hopes it is the beginning of a new tradition at CAFB.

"One thing we didn't want this to become was a 'black thing,'" he said. "King's message was universal and base participation is key to unifying people in the military and the local community. I feel inspired to do something and I'm satisfied that we did something today."



"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands in time of challenge and controversy. The true neighbor will risk his position, his prestige and even his life for the welfare of others. In the dangerous pathways, he will lift some bruised and beaten brother to a higher and more noble life."

--Dr. Martin Luther King Jr.

Uniform changes authorized for wear beginning in February

Charleston AFB personnel can start wearing camel packs while in uniform on Feb. 1.

The 95th Uniform Board's results are scheduled to take effect Feb. 1, according to an Air Force press release.

The results of the board are:

■ **When wearing ribbons, all, including devices, are required**

■ **Fingernail length can not interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items**

■ **Attaché cases, gym bags, backpacks and women's purses are authorized to be carried in either hand, but cannot interfere with giving a proper salute**

■ **Attachments for access badges/passes are authorized (plain dark blue or black ropes, silver or plastic small link chains and clear plastic chain) as long as they do not interfere with safety; they must be conservative and free of advertisement**

■ **Center the excellence-in-competition badge on the welt pocket of the service dress jacket; pharmacy technician certification badge may be worn on the utility uniform (whites) .5 inch above the nametag**

■ **"Camel pack" water containers are approved as part of stan-**

dard hot weather uniform

Along with those changes, the revised mini-badge is authorized for wear when available for purchase. Although the topic of nametags was not addressed by the board, questions continually arise, according to personnel officials. The AFI states nametags must be "laminated ultramarine blue plastic material with white, block-style letters engraved on the plastic and a clutch-type fastener." The instruction states no additions can be made. Epoxy resin covered or coated nametags are not authorized.

Master Sgt. Janet Osborne, 437th Transportation Squadron first sergeant, said the uniform changes are a positive step.

"Wearing all ribbons is definitely a good thing," said Osborne. "I think the all, some or none instruction may have been misunderstood. I think you should wear them or give them back."

Osborne also said the fingernail length change may not have really been a change at all.

"Safety is always first," said Osborne. "I think the fingernail length policy has already been generally accepted. It's good to have it in writing though for enforceability issues." (AFPN. Senior Airman Jason Smith, 437 AW Public Affairs, contributed to this article.)

NEWS BRIEFS

Spotlight

Ribbon cutting: There will be a ribbon cutting ceremony for the 437th Aircrew Life Support Facility, Bldg. 506, today, 10 a.m. The dress will be uniform of the day, or casual for civilians. An open house will follow the ribbon cutting. RSVP today by calling 963-4286.

Retirement ceremony: The 1st Combat Camera Squadron is hosting a retirement ceremony for Master Sgt. Jeffrey Unger Jan. 29, 11 a.m., at the base education center ballroom. For more information, call Staff Sgt. Mark DePass at 963-3366 or Angelo Costanzo at 963-3481.

Retirement ceremony: The 437th Aerial Port Squadron is hosting a retirement ceremony for Master Sgt. Timothy Good Feb. 1, 2 p.m., at the aerial delivery bay, Bldg. 174. For more information, call 963-3178.

Around the base

LOA luncheon: The 437th Airlift Wing Globemaster Logistics Officer Association is hosting a luncheon today, 11:30 a.m., at the Charleston Club. Brig. Gen. Peter Hennessey, Air Mobility Command director of logistics, will be the guest speaker. The cost is \$9 for club members and \$11 for non-members. For more information, call 2nd Lt. Zabrana Robinson at 963-3200 or 2nd Lt. Laura Bentley at 963-5889.

OSA Coffee: The Officers' Spouses' Association is holding a coffee Tuesday, 6 p.m., at the Charleston Club. Sweet Grass basket weaver and Gullah culture expert, Joseph Foreman will be the guest speaker. Hors d'oeuvres, carved turkey breast, swedish meatballs and mini quiche will be served. The cost is \$11 for club members and \$14 for non-members. RSVP by Sunday by calling 871-9829 between 9 a.m. and 9 p.m.

Stepfamily class: The base clinic is offering a five-session Strengthening Stepfamilies class beginning Tuesday. There will be reading, discussions and at-home activities to help make stepfamilies work. The class will run for five consecutive Tuesdays, 6:30-8:30 p.m. To register, call Jim Hernandez at 963-6504.

Chiefs' Group: The Charleston AFB Chiefs' Group will meet Thursday, 11:30 a.m., at the Charleston Club. All chiefs are encouraged to attend.

Limited service: The 437th Medical Group will provide limited medical services Sunday-Jan. 31 due to participation in the base-wide exercise. Minimal routine appointments will be available in the Family Practice Clinic.

Black History Month: The 437th

Charleston Profile

Staff Sgt. Don Friemel

437th Aeromedical Dental Squadron

Staff Sgt. Don Friemel is the assistant NCOIC for the 437th Aeromedical Dental Squadron dental laboratory. He has been a laboratory technician for the Air Force since he enlisted 10 years ago.

"My day-to-day activities involve fabricating dentures, partials, crowns, bridges and orthodontic retainers," said Friemel.

"The whole process of fabricating a porcelain crown requires many hours of work," said Friemel. "I use dental plaster to duplicate the patient's teeth. Molten wax is used to recreate the tooth structure, and a mold is made of the wax tooth. The mold is heated to melt out the wax, and molten gold is forced into the mold. Once the gold cools I polish the crown to a high luster. This job is very exciting to me and I plan on staying in this career field."

Friemel has recently signed on for six more years of Air Force service and plans on staying in for at least 20 years or more. "Once I retire I will continue to work as a dental lab technician," said Friemel.

Friemel is three classes away from completing his Community College of the Air Force degree. He plans on completing the degree and working toward earning the rank of chief master sergeant.

"Take the time to find out about the different programs and activities the Air Force has to offer, and get involved," said Friemel.




Photo by Senior Airman Jason Smith

Airlift Wing and the African American Heritage Council is holding a Black History Month Opening Ceremony Luncheon Feb. 1, 10:30 a.m., at the Charleston Club. Charleston Channel 5 News Reporter Carolyn Murray will be the guest speaker. The cost is \$9 for club members and \$12 for non-members. For more information, call Senior Airman Cassandra Rainey at 963-2558.

First Six: There is a First Six meeting Feb. 1, 3 p.m., at the Charleston Club. A special guest speaker will be present and nominations for First Six Officers will be taken. Only paid members can nominate or be nominated for the positions. All those in attendance will have the opportunity to become members. Officer positions available are president, vice president, treasurer, secretary and membership officer. There will also be a meeting Feb. 15, 3 p.m., at the Charleston Club, with membership and nomination opportunities. For more information, call Tech. Sgt. Lisa Barkman at 963-6336 or Staff Sgt. Michael Hall at 963-2392.

Induction ceremony: The 2001 Chiefs Induction Ceremony will be held Feb. 3, 6 p.m., at the Charleston Club. All chief master sergeant selectees for 2001 will be honored. Chiefs, squadron commanders and spouses are welcome. Attendees may invite as many guests as desired. The cost is \$20 per person. Dress is semi formal or mess dress. For more information, call Staff Sgt.

Michelle Flavors at 963-5497.

OSA Scholarship: Applications for the Officers' Spouses' Association College Scholarship for the 2001-2002 school year are now available. The program is open to high school seniors and military spouses. For more information, contact a school guidance counselor or Vickie Gardner at 760 2294.

Palace Envoy: Requests for majors and captains to participate in Palace Envoy are being taken at www.eucom.mil/programs/jctp/jctpmllts.htm. The military liaison opportunity is open to active-duty majors and captains, of all branches of service, who want a 179-day tour to the countries of Georgia, Slovenia, Romania, Moldova, Ukraine, Lithuania and Estonia. The mission requires dealing with senior officers in countries that have had few previous contacts with the U.S. military.

Valentine Carnation sale: The 437th Airlift Wing Staff Booster Club is selling carnations for Valentine's Day. Red, white and pink flowers are available. The cost is \$1 each or six for \$5. Those who purchase six or more carnations will be eligible to win a Valentine's Day gift basket. To order, call Master Sgt. Diane Chancey at 963-5493, Master Sgt. Dennis Pinner at 963-5635 or Tech. Sgt. Vicky Wetzel at 963-5576.

Valentine bears: The 437th Transportation Squadron Spirit Club

and Women's Group is selling sweetheart grams for Valentine's Day. The sweetheart grams are stuffed bears, and there are two options for \$5. Option A is a three-inch stuffed bear with chocolate candies and option B is a five-inch stuffed bear with flowers. Orders must be placed by Feb. 9 and will only be delivered to base areas. To order, call Airman 1st Class Esther Oliver at 963-4202 or Airman 1st Class Sarah Mears at 963-4205.

Commissary hours: The Charleston AFB Commissary has extended its hours as follows:

Sundays, 10 a.m.-5 p.m.; Mondays, closed; Tuesdays, 9 a.m.-7 p.m.; Wednesdays, 9 a.m.-7 p.m.; Thursdays, 9 a.m.-7 p.m.; Fridays, 9 a.m.-7 p.m.; and Saturdays, 9 a.m.-5 p.m.

Family Support Center

Sip-n-Chat: Monday, 6 p.m.
Troops-to-Teachers: Tuesday, 10-11 a.m.

Women and Self-Esteem: Tuesday, 9-11 a.m.

Smart Women Finish Rich: Tuesday, 6-8 p.m. Would you like to improve the quality of your financial life so that you can live a fuller, richer life? This educational seminar will guide you through the seven steps that are sure to help you achieve financial security.

All workshops are held at the FSC unless otherwise noted. For more information, or to register, call the Family Support Center at 963-4406.

COMMENTARY

About the paper

AIRLIFT
Dispatch

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The deadline for submitting stories for space-available publication is noon Friday, preceding the desired publication date. The *Airlift Dispatch* reserves the right to edit all copy submitted for publication.

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Classified advertisements may be referred to Diggle Publishing, Inc., P.O. Box 2014, Charleston, S.C., 29465, Phone: (843) 849-1778 or e-mailed to sales@islandpapers.com. Classified advertisements are free, with the exception of personal business ads, for active duty military members and their spouses, retirees and Reservists.

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Ribbon-cutting and ground-breaking ceremonies mark this week

By Col. Rusty Findley
437 AW commander

It was a great honor for me to participate in the Martin Luther King Jr. Unity Walk on Monday. It was an extremely well-orchestrated event. A special thanks to Lt. Col. Bruce Alexander, Master Sgt. James Jarmon, Master Sgt. Alex Scruggs and the rest of the committee who worked so hard to make this event a huge success.

I cut a lot of ribbons this week. That shows some good progress and a lot of hard work on the part of our civil engineers and contracting community to make it all happen. Thanks to all who played a part in making these ground-breaking and ribbon-cutting ceremonies a reality.

I cut the ribbon on Wednesday to open the recently renovated lodging desk area in Bldg. 362, along Hill Boulevard. The new desk area provides a more user-friendly check-in experience and also reopens the accounting and reservation management areas. The lodging desk area was the last part of a much larger renovation. The old lodging desk area in Bldg. 322 will eventually become the new 437th Services Squadron support and headquarters offices.

We began using the 32 renovated visiting quarters in this same building during our Air Expo back in October. Each VQ features a 25-inch TV, DVD players, keyless entry and a free continental breakfast Monday through Friday. Of those 32 rooms, two are handicap accessible and four are suites. Bldg. 362 also features a special business office for our guests with free Internet access, fax machine and notary service.

We've already accepted 20 of the 94 homes from the Hunley Park Phase II housing renovations. We have a ribbon cutting ceremony today planned at 11 a.m. to commemorate this milestone in front of Senior Airman Christopher Ruiz's home at 405A, Michigan Ave. Ruiz was one of the first junior airmen to move into these renovated homes. All of the renovated homes will be used by our junior enlisted personnel.

We awarded a contract to renovate another 46 homes in Phase III, and we'll have about 214 homes completed by Fiscal Year 2003.

We will also cut the ribbon to open our new Life Support Facility, Bldg. 506 (across from the Military Personnel Flight building) today, 10 a.m. The new \$4.1 million facility is 28,000 square feet. About 40 life support members moved in this past weekend and are using the custom-designed facility to issue and maintain life support equipment for our aircrews. The facility allows for easy storage of aircrew chemical defense assets and testing of night vision goggles. Life support also conducts essential training for our aircrews on combat, land and water survival.

I had the opportunity to participate in the ground-breaking ceremony for construction of a new \$18.1 million Corrosion Control Facility Wednesday. The 55,000 square foot hangar will be located between Buildings 536

and 578, and will be used to perform refurbishment and painting operations on the C-17 aircraft.

The project is a design-build contract and will be administered by Naval Facilities Engineering Command under the Military Construction program. Construction is scheduled to run through June 2002 and, upon completion, will house the 437th Logistics Group structural maintenance function.

These ceremonies highlight and reinforce our commitment to provide for the world-class professionals on our team.

Besides opening new facilities, we are also very busy with a series of distinguished visitors this week. These visits offer us a unique opportunity to brag about Charleston AFB, its people and the amazing C-17. I am proud of this wing and what we do for our nation's defense. I always love the opportunity to inform others about what we do and how well we do it.

On Tuesday, Maj. Gen. Roger Brady, Air Mobility Command director of operations, and Brig. Gen. Gregory Trebon, deputy commanding general, Joint Special Operations Command visited us to learn more about the Special Operations Low Level II mission. We were pleased to have them visit us to learn more about this important mission.

We had several congressional staffers visit Tuesday and Wednesday. They were here to learn more about the C-17 and received an orientation flight during their visit.

Also, visiting us this week were Col. Donna Taylor, Air Mobility Command comptroller and Col. Charles Hasskamp, 21st Air Force staff judge advocate.

We held the quarterly awards breakfast Wednesday, 7:30 a.m., in the Charleston Club. Congratulations to the following on their accomplishment: Capt. Patrick Weeks, Senior Company Grade Officer of the Quarter; 1st Lt. Courtney Chronley, Junior Company Grade Officer of the Quarter; Senior Master Sgt. Michael Freebury, Senior NCO of the Quarter; Tech. Sgt. Edward Ebersole, NCO of the Quarter; Airman 1st Class Tina Pitts, Airman of the Quarter; Carl Goad, Civilian of the Quarter, Category I; John Young, Civilian of the Quarter, Category II; and Senior Airman James Blankenbecker, Honor Guard Airman of the Quarter.

We will hold our annual awards banquet tonight, 6:30 p.m., in the Charleston Club. Brig. Gen. Pete Hennessey, AMC director of logistics will be our guest speaker. It is our pleasure to host Gen. Hennessey for the first time in his new capacity as the HQ AMC/LG. We look forward to having a big crowd with a lot of spirit and energy.

On Wednesday, the Trident Area Combined Federal Campaign held its annual awards and recognition ceremony at the Charleston Club. The event was attended by more than 125 community leaders. The Combined Federal Campaign, with 119 participating federal agencies like CAFB, raised \$1,166,000 to help support local, national and international health and human service agencies. The awards ceremony was a fitting end to another successful campaign.

The Mobility Exercise is almost upon us. Once again, it will help us refine those war-fighting skills that we need. We have to be ready. I realize we have not done one of these to this extent in the past two years. I am sure everyone will have a great sense of accomplishment following the exercise.

I am really going to miss the premier airlift wing on the face of the planet as I head to Capstone, the brigadier general officer orientation course, for the next six weeks. It's required of me to attend this course, but I know that the wing will be in good hands with Col. Karl Young and the group commanders. I will look forward to my return. Please be safe and I'll see you in six weeks. Its great being a member of the premier airlift wing on the face of the planet.



Photo by Staff Sgt. Andrew Rodier

Col. Rusty Findley, 437th Airlift Wing commander, participates in the ground-breaking ceremony for the Corrosion Control Facility.

FEATURE

Persistence pays for OTS applicant

Story and photos by
Capt. Tracy Velino
437 AW Public Affairs

Twelve years ago, Debbie Morillo set out to join the Air Force. Sunday, she packed her duffle bag, kissed her daughter goodbye and drove away from her North Charleston home to finally begin her Air Force career at Maxwell AFB, Ala.

For Morillo, the widow of former 437th Airlift Wing Senior Enlisted Advisor (now called Command Chief Master Sergeant) Harold Morillo Jr., the road to her notification of selection for Officer Training School was a long one with many obstacles. The happy ending came in the form of a call from her recruiter, Dec. 14.

The first time Morillo tried to join the Air Force was in 1989. She wanted to enlist as a medical technician, but said it didn't work out for various reasons. When she decided to try again, her husband was diagnosed with cancer. When he went into remission, she began the process to enlist for the third time. The Morillos soon learned Debbie was pregnant with their daughter, Ashley, now three years old.

A few months after her husband passed away in 1998, Morillo began what became a two-year effort to apply for an active-duty or reserve commission. She had earned her degree as an honor student in social work from Lime-stone College, where she worked as a site representative for five and a half years.

"I knew the Air Force would take care of me even if I did not join," Morillo said. "I've stayed really active on the base as a dependant widow, and I've kept our daughter involved in the base. I call Charleston my base, and so many people here have helped me. But I needed to find something that was mine."

Morillo was up against a clock to be commissioned prior to age 35, the Air Force deadline. As a single mother, she would need a dependency waiver and a plan for care of her daughter while at OTS, technical training and future deployments.

Because of the age requirement, Morillo pursued an active duty and reserve commission simultaneously. Although her long-term goal was to join the active duty Air Force, a reserve job would allow



Debbie Morillo picks up her daughter, Ashley, Jan. 11 at day care in North Charleston.

her to complete a master's degree and then cross into a medical profession where someone of her age might still be eligible for active duty.

The first step for both active duty and reserve was to take the Air Force Officer Qualification Test.

Morillo didn't score competitively on the AFOQT. "I didn't even make the minimum score," she said. "It was the most awful thing."

Her active duty recruiter, Tech. Sgt. Perry Anderson, had warned her that to get selected for OTS, her scores would not only have to meet the minimum—they would have to be competitive. Morillo would have to wait six months before taking the AFOQT again, according to Air Force policy.

Waiting six months meant Morillo would be 34 if and when her package went before the board. By Air Force policy, the deadline to submit a package to a board is the candidate's 34th birthday. If she scored well enough on the AFOQT, she would need to obtain an age waiver to apply; and, regardless, she would still need to graduate OTS prior to turning 35.

"Plus, you can't take the test more than twice in a lifetime," Morillo said. "I was advised to enlist and then apply for OTS. I prayed about it, and because I had to take the test either way, I decided to wait six months and try one last time before enlisting."

Morillo said the 81st Aerial Port Squadron reserve unit here helped her find a tutor. "I spent countless

hours studying," she added.

She took the AFOQT for the second time July 19, and passed. "I scored well enough to apply," Morillo said. "I almost doubled my verbal score, but some scores were just slightly above the minimum. We won't talk about the pilot and navigator sections—let's just say I won't be flying any airplanes."

Morillo said for the section of the application that allows the candidate to list three career field choices, she wrote "the needs of the Air Force." She said, "I told them I would do anything they wanted me to do—just let me in."

While studying for the test and then completing an active duty application package including an interview and letters of recommendation, Morillo was still pursuing a reserve position. "It's different with the reserves," she said. "You must go out to units and find open slots. I only found three here in Charleston, and I was up against people with Air Force experience."

Morillo said she'd go anywhere to serve in the reserves, and she worked for a year seeking opportunities before meeting a board from the 81 APS, Dec. 3.

The OTS selection board convened Nov 28-Dec 1, so Morillo was waiting on a letter from the active duty side as well as word from the 81 APS. She planned

to take the first offer she received, or enlist if a commission was not possible.

Morillo was at the mall when she received a call on her cellular phone from Anderson. "After he was horsing around for a while, he finally told me I had been selected for an active duty OTS slot. I started crying in the middle of the mall. I was so happy that I just broke down right there."

Morillo was selected just in time to make it to the last OTS class she could attend in order to meet the age requirement. She will graduate April 6, 11 days before her birthday.

"I, and the people who have known my struggles, didn't think I was going to make it," Morillo said. "I had too many things against me. I prayed a lot."

Since notification of her selection, Morillo has been preparing herself for OTS. "I had to change the way I eat in order to lose some weight to be able to run. I'm not athletic other than chasing my daughter around the house."

She started out slow, working on improving her run time, pushups and sit-ups. Before departing for class, she could meet at least the minimum requirements for each fitness category.

She's read books on leadership and effective military writing. "The academics scare me a little because I know military and civilian academics are different. It's not knowing exactly what to expect that's scary."

Packing wasn't too difficult, Morillo said. "I have a duffle bag, and what fits goes."

"I need the military in my life, both for me and my daughter too. My husband served 33 years on active duty, and he'd have stayed in until he was 90. Those are his words. I love the military, the Air Force especially; and I want to be a part of it for the rest of my life."



Debbie Morillo jogs on Charleston AFB's McCombs Way 1.7-mile trail to improve her run time for Officers Training School.



MAGNOLIA PLACE DINING FACILITY

On the Menu



Today

Lunch: Chicken noodle soup, salmon cakes, barbecue beef cubes, baked chicken, noodles, rice, collard greens, lima beans, cauliflower, brown gravy

Dinner: Veal steak, creole-baked fish, potatoes o'brien, fried rice, fried okra, cream corn, vegetable stir-fry

Saturday

Lunch: Cream of broccoli soup, chicken ala king, salisbury steak, knockwurst, mashed potatoes, steamed rice, sauer kraut, cauliflower combo, succotash, brown gravy

Dinner: Roast beef, fried chicken, rice, parsley-buttered potatoes, corn, stewed tomatoes, green beans

Sunday

Lunch: Tomato vegetable soup, chicken enchiladas, meat loaf, yankee pot roast, mashed potatoes, mexican rice, mustard greens, carrots, brown gravy, zucchini

Dinner: Spaghetti with meat sauce, fish portions, cottage-fried potatoes, steamed rice, spinach, mixed vegetable, sweet potatoes, garlic toast

Monday

Lunch: Clam chowder, beef stew, barbecue chicken, grilled ham steaks, steamed rice, potatoes au

gratin, pinto beans, okra and tomatoes, green beans, brown gravy

Dinner: Swiss steak, chicken stir-fry, mashed potatoes, steamed rice, brussels sprouts, carrots, corn

Tuesday

Lunch: Cream of chicken soup, turkey, stuffed-green peppers, perch, macaroni and cheese, dressing, broccoli, squash, carrots, chicken gravy

Dinner: Grilled polish sausage, veal parmesan, egg noodles, rice, asparagus, white beans, cauliflower

Wednesday

Lunch: Vegetable supreme soup, stuffed pork chops, grilled liver with onions, fried shrimp, potatoes au gratin, steamed rice, peas, broccoli, cheese sauce, gravy, beets

Dinner: Chili macaroni, honey-glazed cornish hens, lemon rice, potatoes, okra, bean combo, cream corn

Thursday-Asian Ethnic Meal

Lunch: Egg drop soup, sweet and sour pork, five-spice chicken, beef and broccoli stir-fry, fried rice, steamed rice, fried cabbage, tempura vegetables, vegetable stir-fry

Dinner: Barbecue chicken, meat loaf, rice pilaf, mashed potatoes, corn, carrots, green beans, brown gravy



Photo by Tech. Sgt. Brian Jones

Honorary Commanders' Tour

Senior Airman Daniel Swain, 437th Maintenance Squadron, discusses home station check procedures with honorary commanders who participated in a tour and luncheon hosted by the 437th Logistics Group Jan. 10. Along with the C-17 briefing, the honorary commanders visited the 437th Transportation Squadron and the 373rd Field Training Detachment. The Honorary Commanders Program matches local civic leaders with Charleston AFB commanders. The year-round program gives CAFB a chance to interact with the local community.

Fitness & Sports

New Years resolutions: Staying fit throughout the year

By Jason Ham

HAWC Exercise Physiologist

Each year there is a normal trend that can be seen at the majority of health and fitness centers throughout the country. Fitness centers become full of motivated and eager people wanting to get fit in January. By March, the same gyms look like ghost towns.

Whether you want to get pumped like "Arnold," or lose a couple of pounds and get in shape, it is important to prepare yourself for a new exercise program. Preparation and goal setting are excellent ways to motivate yourself to stick with a program that always seems to disappear after a couple weeks.

Preparing yourself for some of the common hurdles with starting a new exercise program will give you a winning edge before even lacing up your sneakers. The top reasons why some of the most motivated people stop an exercise

program is Delayed-Onset Muscle Soreness, lack of results, boredom and injury.

DOMS has been the death of many programs. It is the muscle soreness that progressively gets worse days after a work out. I have worked with clients who have been so sore they have a hard time getting out of bed a couple days after a run in the park. So, what causes this to happen?

Physiologically speaking, it is a build up of lactic acid in your muscles.

Imagine the blood vessels in your muscles as thousands of garden hoses that circulate blood and oxygen to your working body parts. If you stop using any muscle on a regular basis, those hoses tend to get smaller and present resistance to blood flow, which

in turn will trap metabolic waste (i.e. lactic acid). That waste is what causes muscle soreness.

Running into a gym and working out for two hours your first day back can cause an extreme reac-

tion. Take the time to introduce a new program to your body. Start off with only two-three days a week with 48-hour rest periods between sessions.

Non-weight bearing exercise, such as cycling and aquatic exercise, will help to offset the severity of DOMS because of the reduction of the load placed on the muscles and joints during exercise.

Stretch, stretch, stretch! Don't forget to stretch during your warm-up and cool-down of any exercise to facilitate blood flow through those working muscles, which will help to flush out the lactic acid.

Lack of results tends to drive people out the gym just as quickly as DOMS. Can you imagine 30 consistent days in the gym only to see two pounds disappear and no real noticeable anatomical change? It happens all of the time! Getting in shape takes time.

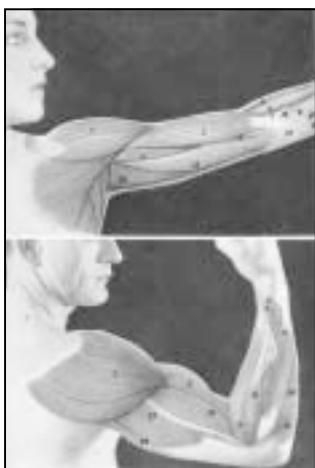
The time that you have spent away from the gym will affect the amount of time that you will need to spend back in the gym to get in shape. Understand that three weeks in the gym will not make up for three years out. Most health and fitness benefits occur around the six-eight week range of an exercise program.

Six to eight weeks? So how are you supposed to run on a treadmill for that long without becoming bored and wanting to quit? Cross training is key to keeping the pep

in your program and allowing all those sore spots to heal. First off, if you don't like running, don't do it! Find a mode of exercise that is something you enjoy doing and interchange it with several others to prevent boredom. Additionally, it changes up the muscles' soft and bony structures from what you have been using, allowing proper repair and recovery.

Setting goals is one of the most powerful tools in an exercise program. It can be what makes or breaks your motivation. Setting a goal of losing 40 pounds in two weeks will result in failure and could drive you out of the gym, let alone present you with many possible health problems. Ensure that you're setting goals that are realistic and attainable. Short-term goals such as increasing your time on a stationary cycle by two minutes within five workout sessions is a good example of an achievable goal. Long-term goals can get tricky because they make us feel if we achieve them, then it is all right to resume the lifestyle we led prior to starting our exercise program.

Ultimately, I encourage you to try to embrace health and fitness as a lifestyle change. Take baby steps and allow regular exercise to become a part of your daily schedule. If you miss a day, no sweat, just get back in there and reward yourself for sticking with it.



Upcoming intramural basketball games

Jan. 29--5:30 p.m.	-----APS2 vs. MED GP/SVS-----	Starlifter Court
Jan. 29--6:45 p.m.	-----1CTCS vs. APS 1-----	Starlifter Court
Jan. 29--8 p.m.	-----MXS cs. SUP2-----	Starlifter Court
Jan. 30--5:30 p.m.	-----AGS2 vs. SUP1-----	Starlifter Court
Jan. 30--5:30 p.m.	-----OSS vs. CS-----	Globemaster Court
Jan. 30--6:45 p.m.	-----MED GP/SVS vs. LGT-----	Starlifter Court
Jan. 30--6:45 p.m.	-----SFS vs. CES-----	Globemaster Court
Jan. 30--8 p.m.	-----1CTCS vs. Flyers-----	Starlifter Court
Jan. 30--8 p.m.	-----AGS 1 vs. MXS-----	Globemaster Court
Jan. 31--5:30 p.m.	-----SUP1 vs. APS2-----	Starlifter Court
Jan. 31--5:30 p.m.	-----CES vs. LGT-----	Globemaster Court
Jan. 31--6:45 p.m.	-----APS1 vs. SUP2-----	Starlifter Court
Jan. 31--6:45 p.m.	-----AGS2 vs. OSS-----	Globemaster Court
Jan. 31--8 p.m.	-----CS vs. Flyers-----	Starlifter Court
Jan. 31--8 p.m.	-----SFS vs. AGS1-----	Globemaster Court
Feb. 5--5:30 p.m.	-----MXS vs. MED GP/SVS-----	Starlifter Court
Feb. 5--6:45 p.m.	-----APS2 vs. SUP2-----	Starlifter Court
Feb. 5--8 p.m.	-----1CTCS vs. LGT-----	Starlifter Court
Feb. 6--5:30 p.m.	-----APS1 vs. SFS-----	Starlifter Court
Feb. 6--5:30 p.m.	-----AGS1 vs. OSS-----	Globemaster Court
Feb. 6--6:45 p.m.	-----SUP1 vs. SUP2-----	Starlifter Court
Feb. 6--6:45 p.m.	-----Flyers vs. CES-----	Globemaster Court
Feb. 6--8 p.m.	-----CS vs. MXS-----	Starlifter Court
Feb. 6--8 p.m.	-----AGS2 vs. 1CTCS-----	Globemaster Court



Photo by Capt. Tracy Vellino

Season opener

The 2001 Charleston AFB Intramural Basketball League season kicked off Tuesday with six games. In the above photo, AGS beat SUP2 49-39.